

**What is claimed is:**

**[Claim 1]** A labeled adhesive packaging tape for sealing containers, said labeled packaging tape comprising:

a first portion on an outer surface;  
an indicia printed on said first portion for indicating the contents of a container; and  
an adhesive layer on a second surface.

**[Claim 2]** The labeled packaging tape of claim 1 wherein said indicia includes:

printed text indicating the identity of the contents within the container.

**[Claim 3]** The labeled packaging tape of claim 1 wherein said indicia includes:

printed text indicating the identity of the contents within the container; and  
said printed text repeated at intervals on said tape.

**[Claim 4]** The labeled packaging tape of claim 1 wherein said indicia includes:

color coding indicating the identity of the contents within the container.

**[Claim 5]** The labeled packaging tape of claim 1 wherein said indicia includes:

color coding indicating the identity of the contents within the container; and  
printed text indicating the identity of the contents within the container.

**[Claim 6]** The labeled packaging tape of claim 1 wherein said indicia includes:

indicia indicating the identity of a room relating to the contents within the container.

**[Claim 7]** The labeled packaging tape of claim 1 wherein said indicia includes:

a first indicia indicating the identity of the contents; and  
at least one additional indicia indicating the identity of different contents of other containers wherein said first indicia and at least one additional indicia are repeated at periodic intervals on said tape.

**[Claim 8]** The labeled packaging tape of claim 1 wherein said indicia includes:

a writable portion on said tape to allow the contents of the container to be identified on said writable portion.

**[Claim 9]** A method for identifying the contents within a container, said method comprising the steps of:

packing the contents within a container;  
providing a roll of packaging tape for sealing the container;  
providing indicia on said roll of packaging tape that relates to the contents within the container; and  
sealing the container with the packaging tape having the appropriate indicia for the contents of that container.

**[Claim 10]** The method of claim 9 wherein said step of providing indicia includes:

printed text indicating the identity of the contents within the container.

**[Claim 11]** The method of claim 9 wherein said step of providing indicia includes:

printed text indicating the identity of the contents within the container; and said printed text repeated at intervals on said tape.

**[Claim 12]** The method of claim 9 wherein said step of providing indicia includes:

color coding indicating the identity of the contents within the container.

**[Claim 13]** The method of claim 9 wherein said step of providing indicia includes:

color coding indicating the identity of the contents within the container; and printed text indicating the identity of the contents within the container.

**[Claim 14]** The method of claim 9 wherein said step of providing indicia includes:

indicia indicating the identity of a room relating to the contents within the container.

**[Claim 15]** The method of claim 9 wherein said step of providing indicia includes:

a first indicia indicating the identity of the contents; and at least one additional indicia indicating the identity of different contents of other containers wherein said first indicia and at least one additional indicia are repeated at periodic intervals on said tape.

**[Claim 16]** The method of claim 9 wherein said step of providing indicia includes:

a writable portion on said tape to allow the contents of the container to be identified on said writable portion.

